



# SANITY

## PUBLIC INFORMATION a/k/a PUBLIC RELATIONS

Have you noticed that some Public Information Committees have chosen to rename to Public Relations? Whichever name is used, the concept is the same. The following excerpt from the World Service Public Relations Handbook explains the necessity of such a committee.

### Public Relations Statement

#### **Why public relations is important to the NA member?**

The Narcotics Anonymous message is "that an addict, any addict, can stop using drugs, lose the desire to use and find a new way to live." Our relations with the public enable us to share this message broadly so that those who might benefit from our program of recovery can find us. We perform public relations service to increase the awareness and credibility of the NA program. We share our message openly with the public at large, with prospective members, and with professionals. Maintaining an open, attractive attitude in these efforts helps us to create and improve relationships with those outside the fellowship. Establishing and maintaining a commitment to these relationships, can help us to further our primary purpose.

The spiritual principles of our steps, traditions, and concepts guide us in pursuing our public relations aims and our efforts to enhance NA's public image and reputation. These principles apply to our community and service efforts as well as to the personal behavior and attitude of individual NA members.



### **Informing professionals and the public**

*The following statement can be used to inform the public about NA:* Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. NA was founded in 1953, and our membership growth was minimal during our initial twenty years as an organization. Since the publication of our Basic Text in 1983, the number of members and meetings has increased dramatically. Today, NA members hold more than 58,000 meetings weekly in 131 countries. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

Our name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol. Membership is free, and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations. Through all of our service efforts and our cooperation with others seeking to help addicts, we strive to reach a day when every addict in the world has an opportunity to experience our message of recovery in his or her own language and culture.

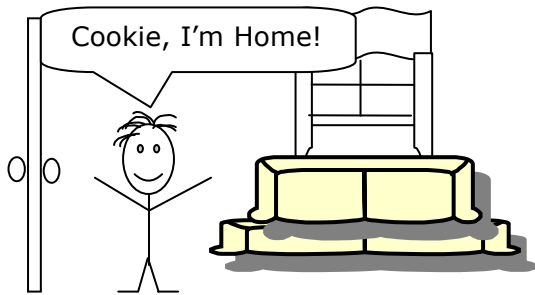
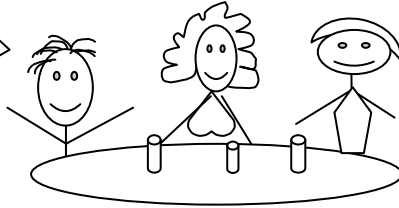
# The Adventures of Nicky Newcomer



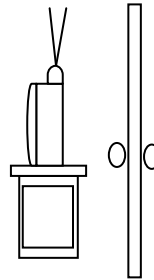
Sparky I am so happy that I got through the holiday season without thinking about using. The year 2010 started out with me in a depression, but with the help and love from Cookie and you, I worked through it. I also regained my enthusiasm about attending meetings regularly.

Nicky has done a complete turn-around in the last year. He has worked the Steps in all areas of his life, taken on new commitments and vastly increased his attendance at meetings

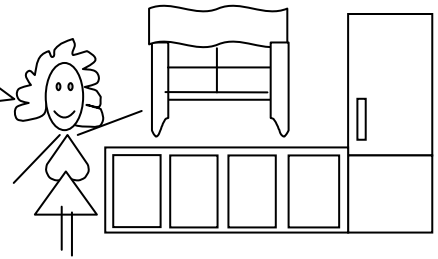
I'm so proud of you Nicky. It is a pleasure to be your Sponsor. You have really shown how living the program can improve your life. Doing service work is one of the best ways to keep us clean and give back what was so freely given to us. You have learned to live life on life's terms one day at a time.



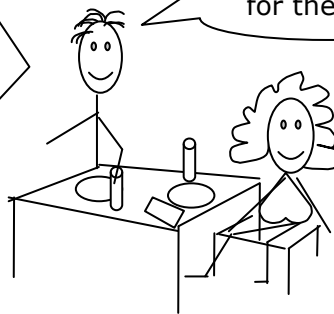
Cookie, I'm Home!



Hi Nicky, dinner is almost ready.



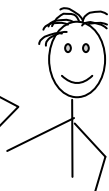
That was a really delicious meal Cookie. Now that my life is stable and I am eating right, I feel like I have been given a new chance at life. My home life with you is wonderful and my job is going very well. I have a great Sponsor and good friends.



I'm so grateful to have you in my life, Cookie. I really love you and all that you do for me and for the Fellowship of NA.

Life is a two-way street, Nicky. You only get out of it what you put into it. You have worked hard on adjusting your self-centeredness in the last year and we have both worked diligently on our relationship. Our life is very nice now and will continue that way as long as we keep connected to our recovery.

Cookie, do you remember a year ago when I asked you to marry me and you said I had to wait a year and ask you again?



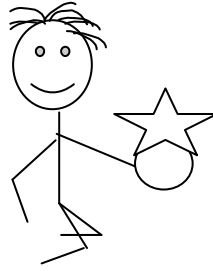
Yes, Nicky, I remember it very well. You were in really bad space at that time inside your head and I left to stay at my mother's house.



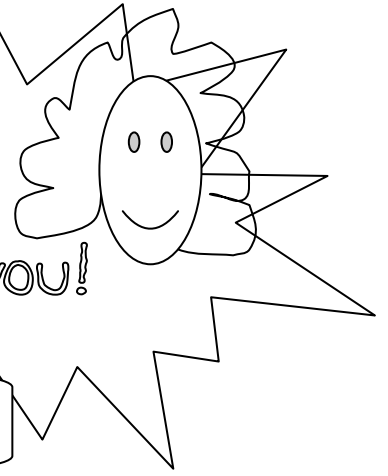
You have come a long way since then and become a wonderful person. I love you very much and am very happy to have you in my life.

Cookie, I love you. You are the most wonderful woman on Earth.

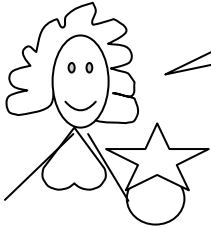
Will you marry me?



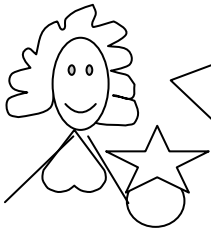
Yes!  
I will  
marry you!



Nicky, I am so happy. This ring is awesome. You are going to be making payments forever.



No, Cookie. I have been working overtime for the last six months to get this ring for you. It is a reflection of how much I love and appreciate you. I want to spend the rest of my life with you.

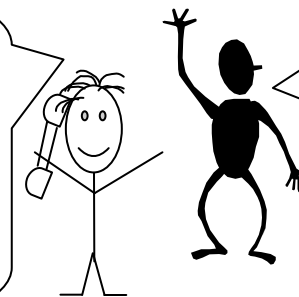


I have one request. I want to get married at our Homegroup meeting on March 19<sup>th</sup> and I want to invite everyone from New Jersey Region because they have been so supportive of our lives and our recovery.

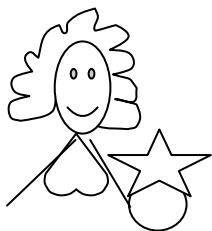


What a great idea. If it were not for them, we would not have moved back to Stickville and had the opportunity to meet everyone from Region. March 19<sup>th</sup> it will be. I'll check with Recovery Now and see if they will let us get married at their meeting.

Hey Otto, How's it going? I have some good news and a favor to ask of you. Cookie and I are gonna tie the knot! We are so happy. We want everyone in NA to be part of our wedding day. Can you see if we can rent the building after our Recover Now meeting on March 19<sup>th</sup> to get married there with everyone from the meeting in attendance? We also want to invite everyone from Region.



Great idea, Nick. I'll get right on it. Congratulations, you have a great woman there. Everyone will be so happy to hear the good news



NICKY NEWCOMER  
AND  
COOKIE CUTTER  
REQUEST THE HONOR OF YOUR PRESENCE  
AT THEIR WEDDING  
MARCH 19, 2011  
IMMEDIATELY FOLLOWING THE  
RECOVERY NOW MEETING OF NA  
12 STEPS ROAD  
STICKVILLE, USA





# Dear Sanity:

Dear Sanity:

After years of pain and suffering, I finally surrendered and am working on staying clean through the Fellowship of NA, but after ninety days clean, I still have thoughts of using. I have a Sponsor who has me writing on Step One from the Step Working Guide. Sometimes the questions confuse me so much that I want to stop writing. Some questions I don't understand and others are easy. My Sponsor tells me to just keep writing. I'm very confused. How do I address this problem?

Confused Connie

Dear Confused:

Every Sponsor has their Sponsees work Steps a little differently. Some choose to write from the questions in the Step Working Guide, others choose to read the Steps in the Basic Text and It Works How and Why and then just write what comes into their thoughts.

Keep in mind that not every question in the Step Working Guide will apply to you. It is a broad palate of questions in order to address all areas. You do not have to torture yourself trying to answer a question that does not apply to you. The key is that we write honestly and openly. Words on paper mean nothing if there is no honesty behind them.

Remember that Step One is crucial to our recovery and we must feel it and live it daily.

Sally Sanity

## NA

This poem is about a group known as NA  
Whose philosophy is "Just For Today"  
The members of this group regularly attend  
meetings  
and exchange friendly hugs as their greetings

People get their turn to open up and share  
While the rest sit back and show that they care  
Attentively, they listen to each other  
the members can even be a teenager or a mother

One person may share a true horror story  
while another may celebrate in all of their glory  
One thing is known about these meetings that  
certainly is true  
if recovery is wanted then NA is for you

As I finish up this poem let me end with a tip  
Support and help is always there within this  
fellowship

Thanks and keep up the good work!  
God Bless love Glenn S

# Jersey Unity Upcoming Conventions

*Cape Atlantic Area Convention*

**Pearl of Recovery XXI**

Let Go and Let God

March 4, 5, 6, 2011

Clarion Hotel and Convention Center  
Atlantic City West, NJ

[www.pearlofrecovery.com](http://www.pearlofrecovery.com)

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**Capital Area Convention  
of Narcotics Anonymous  
Up from Down Under**

March 11, 12, 13, 2011

Holiday Inn

East Windsor, NJ

[www.capitalareaofna.org](http://www.capitalareaofna.org)

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**NEW JERSEY REGION CONVENTION**

**NJRCNA XXVI**

July 1,2,3, 2011

DOUBLETREE HOTEL

Somerset, NJ

[www.njrcna.com](http://www.njrcna.com)

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Send input and articles to:

**sanity@nanj.org**

Sanity is published every two months as a service of the New Jersey Region for its Groups and Members. Input and articles are welcome on all recovery related topics.

**Opinions expressed here are those of individual addicts, not NA as a whole.**

Issues of SANITY can be downloaded from the NJ Statewide Website at [www.nanj.org](http://www.nanj.org)

*Thank you for letting me serve, Margaret D.*

